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Bangalore Mirror

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21% of children in age group of 8 to 14 years from sample of 250 kids from city govt schools suffer from anaemia, study finds

ARE THE KIDS ALRIGHT?

Prevalence higher among children from lower economic strata

Garima Prasher
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TWEETS @BangaloreMIRROR

A study conducted by a group of researchers on students from city based government schools has highlighted that over 21% of the children in the age group of 8 to 14 years suffer from anaemia.

Out of 250 schoolchildren in the age group of 8 to 14 years that were studied, the majority (79.2%) had mild grade anaemia, moderate anaemia prevalence was in 18.9% of the students, and 1.9% suffered from a severe form of the disease.

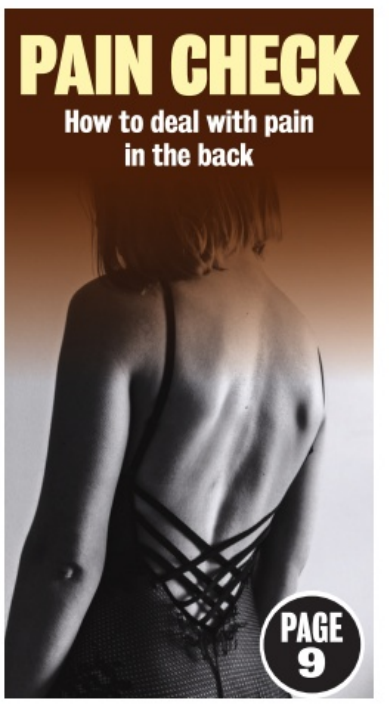
Researchers also highlighted that according to World Health Organisation research on children worldwide, the prevalence of the disease was found to be 39.8%. They said the reason for the lower prevalence of anaemia in Bengaluru could be due to regular deworming and iron and folic acid supplementation by the school authorities since 2003.

The study also associated the

CONTINUED ON PAGE 6 »

HIMESH KUMAR BEHERA/UNSPLASH

“Some forms of anaemia, such as a nutritional deficiency, can be treated quickly and don’t require significant long-term follow-up care
— Dr Sujatha Thyagarajan, paediatrician, Aster RV Hospital



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Action needed for this bustling road
Citizens express worry about poor state of Gattahalli Road; they demand widening and fixing of road for smoother commute as soon as possible

BangaloreMirror
Tuesday, November 7, 2023
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Be prepared for rain

Bengaluru may expect rain accompanied by evening or night thunderstorms; various weather phenomena to cause occurrence of light to moderate rainfall across peninsula

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Incessant showers lashed in many parts of the city on Monday evening, causing slow movement of traffic

Curious about the sudden overcast weather in Bengaluru? Well, various weather phenomena are at play. Currently, a cyclonic circulation sits over the southeast Arabian Sea off the Kerala coast at lower and middle tropospheric levels. It is expected to move west-north westwards towards the southeast and adjoining the east-central Arabian Sea. Under its influence, a low-pressure area is likely to form over the east-central Arabian Sea around November 8. Additionally, a trough extends from the southeast Arabian Sea and adjoining Lakshadweep area to the west-central Bay of Bengal and the adjoining south Andhra Pradesh coast at lower tropospheric levels. These systems are expected to bring light to moderate rainfall over peninsular India.

According to Sanjay Weatherman, a weather predictor, intense easterly winds are advancing towards the atmosphere, creating favourable conditions in the lower atmospheric layers.

"The ongoing circulation over the southeast Arabian Sea has escalated into a low-pressure system. In addition to this, equatorial winds are highly conducive to intensified circulation, making parts of Karnataka a potential hotspot for rainfall. As the low-pressure area intensifies, widespread and substantial rainfall is expected across all regions of Karnataka in the next three to four days. There are also prospects of a significant increase in rainfall in the Cauvery catchment areas. The circulation of air from the Arabian Sea is strengthening," he explained.

Furthermore, meteorologists said that as of November 1, the rain deficit in Karnataka is 54%. In coastal areas, it is 15%; in north interior areas, it is 90%; and in south interior areas, it is 43%.

> **"Bengaluru has received 4 mm of rainfall in this month compared to the average of 65.5 mm. However, we remain hopeful for rain in the city**
>
> –A Prasad, a scientist from India Meteorological Department

A Prasad, a scientist from the India Meteorological Department (IMD), said, "Bengaluru has received 4 mm of rainfall in this month compared to the average of 64.5 mm. However, we remain hopeful for rain in the city, anticipating average rainfall in November. In Karnataka, Kodagu and Mysuru districts reported excess rainfall, while Hassan and Dakshina Kannada districts recorded average rainfall."

Following the current weather pattern, Kodagu and Dakshina Kannada districts have received rainfall. Belthangady in Dakshina Kannada district recorded the maximum of 11 cm, with Kundapura at 9 cm and Sulia at 8 cm.The Kempegowda International Airport region recorded 3 cm of rainfall, he added.

"Many places in coastal Karnataka may receive rainfall for the next week. For Bengaluru, expect light to moderate rainfall in the coming days, accompanied by evening or night thunderstorms. At times, there could be heavy rainfall, with the possibility of morning fog, and temperatures may range between 20 and 29 degrees Celsius," he informed.

Posts at anganwadis lie vacant

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Anganwadi workers have demanded the Women and Child Welfare Department take measures to fill up the vacancies of anganwadi workers and helpers that have been vacant for more than four years in Bengaluru Urban District. They staged a protest at Freedom Park in support of their demands. However, the protest has been postponed to two weeks due to the talks held with the authorities concerned.

"A meeting was held with the authorities. They have assured us they will look into the matter within 15 days. We will again launch an indefinite agitation if the authorities fail to meet our demands," said Karnataka State Anganwadi Teachers and Helpers Federation secretary M Jayamma.

Leaders of anganwadi workers meet Women and Child Welfare Department

There are 2,877 anganwadi centres in Bengaluru Urban District, and 430 anganwadi workers and 1,198 helper posts that have been vacant for the last four years. "Applications were invited to fill up the vacancies on March 5, 2023. The authorities received the applications from the prospective candidates. However, nothing has been done to fill the vacancies to date," said Jayamma. Karnataka State Anganwadi Teachers and Helpers Federation president B Amjad told BM that the government has been utilising anganwadi workers for other purposes, such as the gruhalakshmi scheme and voter enumeration. "We have told the authorities that anganwadi workers should not be employed for other work without filling up vacancies for helpers. The authorities have assured us to fill up the vacancies," said Amjad.

BM Trippin' Tales

Pay green cess to enter Bandipur

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If you're travelling through Bandipur, whether for a safari or enroute to Ooty, Gudalur, or other destinations, be prepared to pay Rs 20 as a 'green cess.' While Rs 20 may seem reasonable, the collection of this green cess is causing lengthy traffic jams, testing the patience of vehicle users. The forest department had initially imposed a green cess for non-KA vehicles heading towards Wayanad from the Gundlupet side. However, the forest department has recently extended the green cess to all vehicles crossing the Bandipur region. Cars and other LCVs are charged Rs 20, while heavy vehicles must pay Rs 30.

Suresh Gonikoppa, a traveller, said, "I was heading to Ooty recently and was stuck in a traffic jam for over 10 minutes. I wondered why the vehicles were queuing up, only to later realise it was for green cess collection. With only one forest guard and a ticketing machine, the process takes a long time. Without a UPI option, many flashed either Rs 100 or Rs 500 currency notes, making it difficult for the guard to tender change. This increased waiting times, and the queue got longer. We wonder why the sudden green cess on us."

Travellers travelling through Bandipur need to pay green cess

In response, Dr P Ramesh Kumar (Conservator of Forest and Director of Bandipur National Park) stated, "As per the rules, we are entitled to collect green cess from vehicles passing in the forest. This money helps us with trash management and reducing accidents. We are planning to introduce FASTag to reduce waiting times."

Regular traveller Nanda Kumar expressed, "As this is a two-lane road, some vehicles try to overtake, causing chaos at the cess collection point. It has become a significant obstacle, especially during evening times when people want to exit the forest quickly."

For a while, Bandipur National Park authorities collected tolls from interstate vehicles on its national highways. The forest department has imposed this new toll to collect a green cess for environmental pollution control and park development. Toll collection on the Kerala road is done at Kekkanahalla and Melukamanahalli checkposts while entering Tamil Nadu, and at Maddur and Mooholhole checkposts for vehicles entering or leaving Karnataka. The collected fees will contribute to environmental protection and park development. Buses and minibuses are charged Rs 50, while cars are charged Rs 20. Toll collection, a topic of debate, has been implemented, leading road users to question the need for another cess.

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Mandatory setting up of crèches by firms that employ more than 50 workers still not adhered to

CRÈCHES NEEDED

Crèche must be located within 500 m of workplace

| Rachana Ramesh
c-rachana.ramesh@timesgroup.com

TWEETS @BangaloreMIRROR

India in 2017 amended the Maternity Benefit Act to ensure participation of women in the workforce, without them having to compromise on the responsibilities that come with early childcare.

The amendments involved doubling the maternity leaves mandated to be provided from 12 weeks to 26 weeks and encouraging companies to allow women to work from home.

The most crucial, yet unfollowed mandate put forward by the amendment, is the setting up of crèche facilities by companies that employ more than 50 workers.

Karnataka is the first and one among the handful of states that have taken a step to notify the rules.

CONTINUED ON PAGE 4 »

DANIEL LLOYD BLUNK FERNANDEZ/UNSPLASH

“ In Maddur, there are over 6,000 workers with only one crèche
— Pratibha R, president, Garment and Textile Workers' Union

Festival alert

Get cracking, but not so loud

PAGE 3

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CONCEPT

'Sacked driver nursed grudge': Police on geologist murder

Police believe a personal grudge may have been the main motive behind the murder of a geologist in the city. Police have apprehended a former driver of the geologist Prathima KS for his alleged role in the murder. A police official said that they had detained three people based on suspicion and one of them, driver Kiran, is the main culprit.

The accused used to work on a contract basis and was sacked from the job last week. He was alleged to have been leaking critical information about movements of the officials. Prathima is said to have questioned him and taken him to task. However, Kiran did not mend ways and continued to leak information, so he was sacked. He is said to have nursed a grudge against Prathima and decided to kill her. He knew that Prathima lived alone at her flat. On Saturday night, he managed to sneak inside her flat and strangled her to death. He also slit her throat, as per the police.

Earlier in the day, Commissioner B Dayananda said one person has been detained in connection with the murder of the geologist, who was with the Department of Mines and Geology, from Chamarajanagar district. "He was secured from Mahadeshwarabetta. His details are being verified. He is

It is said geologist had rapped the driver for leaking info on officials' movement

her former driver and was removed from job about a week or 10 days ago. After detailed enquiry, we will share more details. It is said he was working on a contractual basis and had been working for her for four years," Dayananda said.

According to police, the victim was murdered at her home at Doddakallasandra at around 8 pm on Saturday after she returned home. As Prathima, who was living alone, did not respond to phone calls on Saturday night and Sunday morning, her elder brother came to her house to check and got to know about her murder and informed the police. No theft of any jewellery or valuables was reported, police said.

In a twist, RR Nagar MLA N Munirathna on Monday claimed he was being wrongly implicated in the case.

"I am blamed for the accidents that take place in front of my residence. Since the probe in the murder is underway, it would be inappropriate to comment. Once it is over, I will speak to those who want to finish me off politically," the MLA said. —BMB

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Crack on, but not so loud

This Deepawali, crackers of noise levels above 100 decibels will not be allowed

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KAUSHIK JN

Customers check out fancy diyas at a market in Basavanagudi ahead of Deepawali

If the district administration has its way, Deepawali may be a lot quieter this year. It is mulling a restriction on crackers exceeding 125 decibels in noise. The Bengaluru district administration has already specified that only green crackers will be permitted this time, excluding those emitting sounds of more than 100 decibels from the green category.

A question remains as to how it will be effectively monitored. Bengaluru Urban Deputy Commissioner KA Dayanand said, "In line with the Supreme Court directive, only green crackers will be sanctioned this Deepawali. These green crackers will feature a unique QR code, ensuring verification during the buying or selling process. Throughout Deepawali, crackers will only be allowed to be burst between 8 pm and 10 pm."

Dayananda has instructed officials to conduct random checks on crackers, assessing both sound and quality. "To effectively monitor the usage of green crackers, there is a necessity to establish a task force involving jurisdictional officers, taluk health officers, tahsildars, district environment officers, BESCOM officials, police, fire and emergency personnel, volunteers, and local resident welfare associations. Criminal proceedings will be initiated for any misuse. Meanwhile, as there is a likelihood of people getting prohibited crackers from outside the state, check posts will be established at the borders."

Sale is on

Despite the emphasis on promoting green crackers, non-green variants continue to be sold extensively across the city. Businessmen cite several reasons for the demand for non-green crackers. For one, many consumers are still unaware of the locations where green crackers are available. Moreover, green crackers are priced higher than their conventional counterparts.

Seize and desist

Recently, the Karnataka State Pollution Control Board (KPSCB) had directed the jurisdictional Deputy Commissioner, police, and fire and emergency service officials to inspect cracker godowns. If any non-green crackers are found, officials are instructed to seize them and initiate criminal cases against the dealers. The circular from the board said, "To distinguish green crackers, each will feature a distinct logo and a QR code. Officials conducting godown inspections are required to scan and verify these markings. Cracker packets lacking the logo or QR code are subject to seizure. Random sampling of

"Only green crackers will be sanctioned this Deepawali. These crackers will feature a unique QR code — KA Dayanand, DC

green crackers is also mandated to assess their sound levels, and those not meeting safety standards should be confiscated."

Green crackers manufactured by licensee-manufacturers will have a green logo as well as a Quick Response (QR) coding system has been developed for differentiation of such crackers.

The guidelines state strict adherence is a must to ensure the safety of animals, birds, children, and senior citizens. "Officials are directed to monitor Ambient Air Quality Monitoring (AAQM) and noise levels, conduct quality analyses, and implement awareness programs targeting children. Public places such as metro stations, railway stations, and malls should promote environmentally friendly celebrations through the distribution of pamphlets and audio-visual messages. Crackers are prohibited near hospitals, educational institutions, and other restricted areas, with police tasked to enforce these regulations. The BBMP has been instructed to manage the disposal of solid waste generated during the festival," it said.

The Commercial Taxes Department is assigned the responsibility of monitoring illegal cracker transportation from neighbouring states.

Green or not?

While green crackers are marketed as a safer alternative, some experts caution against their potential dangers. Although designed with alternative raw materials to reduce sound and air pollution, green crackers are not entirely chemical-free and can still pose risks, experts said.

Task force to keep eye on big cats in city

Bengaluru will soon have a 56-member dedicated leopard task force to address human-leopard conflict cases arising in the future. This decision was made by state forest minister Eshwar Khandre on Monday in the wake of the recent leopard sighting in a residential area in south Bengaluru.

The team will be headed by the Deputy Conservator of Forest, either wildlife or territorial. The task force will also include an assistant conservator of forest, one range forest officer, four deputy range forest officers, eight forest guards, and 40 watchers. According to the officials from the Karnataka Forest Department (KFD), a proposal for this will soon be sent to the government and the task force will be constituted in a month from now.

"The process will take a couple of weeks. It is important to put the right people on the team and recruit forest watchers with experience in human-wildlife conflict situations. Watchers are the foot soldiers and they will be equipped with up-to-date technology and gears to carry out combing operations and perform other important tasks," said Kumar Pushkar, APCCF (Wildlife), Karnataka Forest Department.

Team will be well-equipped to handle cases of human-animal conflict in B'luru

Earlier this year, a leopard task force was created in Mysore circle on the lines of the Elephant taskforce. Officials from the department said although the team is well equipped to handle conflict cases, situations are different in the case of densely populated areas such as Bengaluru urban district.

"Whenever there is a requirement in adjacent districts, such as in Kodagu, Ramanagara, and Chamrajanagara, the Mysore task force is deputed to handle the situation and resolve the issues. While the members are well trained, human-animal conflict situations in densely populated areas pose unique challenges. This is the reason a dedicated task force has been created for Bengaluru," said a senior official from KFD.

Wildlife experts have lauded this step, with a word of caution. "A dedicated leopard taskforce for Bengaluru is a step in the right direction. However, the department should exercise caution in formulating the team. The members should have field experience and background in handling conflict cases. The team should be well-equipped," said Joseph Hoover, former State Board for Wildlife member and founder of United Conservation Movement and Charitable Trust. —Garima Prasher

Action needed for this crumbling road

Citizens express worry about poor state of Gattahalli Road; they demand widening and fixing of road for smoother commute as soon as possible

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The Gattahalli Road serves as an important arterial route connecting Electronic City with Doddakannelli and Kadubeesanahalli, but it has been in deplorable condition for more than five years. Concerned commuters have raised alarm about the pathetic stretch filled with potholes, fearing it could lead to accidents, and have called for immediate action.

According to Citizens for East Bangalore, this stretch is crucial for the upcoming Peripheral Ring Road (PRR) project, as it would connect this stretch. While the PRR project may take some time to complete, this road is already being used by hundreds of commuters travelling to and from Electronic City, including areas like Iblur junction. The stretch falls under the jurisdiction of the Shantipura panchayat in the Anekal constituency.

Despite residents' complaints to the panchayat and MLA Shivanna, the road has not been repaired. A member of Citizens for East Bangalore expressed their frustration, stating, "The road has been in a sorry state for years. Unfortunately, it has not seen maintenance for the past six years. At one point, the stretch was filled with loose gravel, but it wasn't asphalted. Officials had promised widening, but no progress has been made. Meanwhile, numerous villas and apartments are under construction nearby, and this road is becoming busier by the day; it needs immediate attention."

Gattahalli Road connects Electronic City with Doddakannelli and Kadubeesanahalli

> **"The road has been in a sorry state for years. Unfortunately, it has not seen maintenance for the past six years. At one point, the stretch was filled with loose gravel, but it wasn't asphalted**–a member of Citizens for East Bangalore

Residents emphasised that this stretch is a vital link for commuters travelling to Huskur Market and Electronic City Phase 2. Those coming from Phase 2 can reach Iblur junction 8 kilometre faster by using the Gattahalli stretch instead of the longer route via Hosur Road.

Another resident voiced their concerns, saying, "There are thousands of nearby apartments paying taxes, yet we are not receiving basic amenities. This stretch must be a top priority for repair. Traffic congestion is a daily challenge, and it urgently requires widening and fixing."

Why Bengaluru needs more crèches

CONTINUED FROM PAGE 1

In May 2020, Karnataka notified the maternity benefit rules, soon after which Tamil Nadu followed in 2021.

Pratibha R, President, Garment and Textile Workers' Union (GATWU), an industry whose majority of workforce are women, said while the facilities are available, they are not up to the mark.

After an incident of a one-year-old child dying in a crèche in 2017, companies have taken note of the ill-treatment and lack of facilities at crèches, she said.

"In Maddur, there are over 6,000 workers with only one crèche. How is the facility supposed to accommodate all the children? The companies in one area have over 15 to 22 units. They have crèches only in a few units and use them to get by inspections made by the government but they do not serve the purpose," she explained. Pratibha further added that the inspections must be strengthened by the labour department alongside regular close scrutiny.

PIC FOR REPRESENTATION ONLY

Creches are to be equipped with facilities for the children

By law, the facility must be extended to every employed worker. However, companies tend to draw a cap. "At times, the crèche facilities refuse to take in children depending on their age. If they are younger than 1-3 years, they are less likely to be taken. The facilities also refuse to take in children if they have already reached a 15-children count. There are discriminations involved, such as the tailors' children being let out earlier than the working hours designated by the company," Pratibha said.

> **"In Maddur, there are over 6,000 workers with only one crèche. How is the facility supposed to accommodate all the children? The companies in one area have over 15 to 22 units** –Pratibha R

According to the rules, children less than the age of six must be taken in. Along with this, the crèche must be located 500 metres within the establishment and must be open during the working hours of the establishment. Basic and essential amenities must be available like safe drinking water, clean towels and soap, essential equipment for children, first-aid kits, supply of milk and refreshments.

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Traffic chaos
Guttahalli

There is a road hump of approximately more than 2 feet near Sri Amba Bhavani temple, near Rajkumar statue, Gavipuram, Guttahalli in Kempegowda Nagar. This is affecting the traffic in the vicinity.

Sign is missing
OMBR Layout

In 2nd Cross, 4th Main, opposite CMR Law College in OMBR Layout, despite several complaints to the traffic police about the installation of no parking boards, students continue to park on both sides of the road, causing traffic blockages.

Dug-up area
Chamarajpet

The road along Uma Theatre in Chamarajpet has been dug up, and debris has been left unattended.

BBMP steps in to save pet parents from law-law land

Palike to prevent resident welfare associations from harassing dog-owners by making arbitrary rules that are against bylaws

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The Bruhat Bengaluru Mahanagara Palike (BBMP) has come to the aid of the city's animal lovers. The Animal Husbandry Department of BBMP has decided to intervene in case of troublesome Resident Welfare Associations (RWAs) arm-twisting pet parents into paying penalties or implementing rules that supersede BBMP's guidelines.

This is after a resident welfare association of an apartment complex enforced a rule that requires pet parents living in the society to pay Rs 10,000 for treatment costs of anticipated dog bite cases or failure to keep premises clean.

"There are some apartment complexes in the city with such by-laws, which are illegal. We have decided to take up these cases if we receive complaints. RWAs can collect funds from residents only to carry out Animal Birth Control programs or other animal welfare activities. Money collected for any other purpose, including in the name of a prospective dog bite, is illegal. If we receive such complaints, we will send a notice to the RWAs and will get such by-laws changed," said Dr Ravi Kumar, Joint Director of the Animal Husbandry Department, BBMP.

Residents can contact BBMP's zonal officers or the JD directly and raise complaints against such illegal and stringent rules. (You can find the numbers on www.bangaloremirror.com)

"RWAs also cannot stop pets and their human companions from accessing common areas or lifts. We will be intervening in such cases too," added Dr Kumar.

If you go by some society rules, pets peeing on grass is a punishable offence

> **There are some apartment complexes in the city with such by-laws, which are illegal. We have decided to take up these cases if we receive complaints**
> – Ravi Kumar, Joint Director of the Animal Husbandry Department, BBMP

Society rules

It is not just Ittina Mahavir, an apartment complex in Electronic City, that has brought in illegal rules. Brigade Metropolis in the Whitefield is yet another apartment complex with by-laws that are not in line with guidelines put in place either by BBMP or Animal Welfare Board of India.

According to their by-laws, a copy of which is with BM, residents with pets and not producing vaccination certificates regularly, will be fined Rs.1,000. Dogs shall not be allowed in the lifts and shall use the staircase. Every owner shall get his dog trained so it does not urinate or defecate in common areas like lobbies, passages, landings, basements, jogger tracks, plaza levels, or driveways. If it urinates or defecates in these areas, the owner shall ensure that the area is cleaned and disinfected immediately. If that is not done, the cleaning and disinfecting will be done under the instructions of the Committee. The cost plus a penalty of Rs.1,000 per instance shall be recovered from the owner. The decision of the committee in this matter shall be final and without appeal.

Legal experts say RWAs cannot make discriminatory policies; its job is to ensure welfare of society and not to police its members

The by-law further states that the podium area, the central recreational area of the clubhouse, the swimming pool, the amphitheater, the jogging track, and the basement are out of bounds for dogs or any other pets. Violation of this rule shall attract a fine of Rs 250 per instance. It also says that pets are allowed only in service lifts. If pets are taken into other lifts, a penalty of Rs.1,000 to be imposed.

"We were harassed to an extent that we had to take up the issue legally. While not much has happened since we took the legal route nearly a month ago, the situation was scary before that. The management committee had security guards following pet parents while they were on walks with their animals. Our pets were not allowed to pee on grass patches and the number of cameras was increased to ensure any such incidents were penalised. We were also asked to get our pets registered with a fee ranging between Rs 500 and Rs 2,000," said a resident of Brigade Metropolis.

Pet parents allege the management committee of the apartment complex is creating a narrative that dogs are a menace and pet parents are creating an inhabitable environment.

"We are not here to trouble anybody. We are only following the law of the land and requesting the committee to let us live in peace by following rules and guidelines put in place by BBMP or AWBI," said another pet parent at Brigade Metropolis.

When BM reached out to the apartment complex's management committee, they said the by-laws were being changed.

"These by-laws were put in place in 2012. They have not been revised as the committee before the current one did not perform their duties well. We are in the process of changing the by-law and formulating a pet-friendly by-law," said Aparajithan Vaidyanathan, president of the committee.

'Such by-laws unlawful'

"RWAs cannot make such discriminatory policies. The job of an RWA is to ensure welfare of collective society and not police them. Such rules are in contravention of the law of the country. The local authority, which is BBMP in this case, must issue a notice to RWAs stating AWBI rules that are to be followed," said Shreya Paropkari, an advocate who practices animal law.

Protest against Bishop continuing in office

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Around 50 members of the Church of South India (CSI), Karnataka congregation gathered in front of the CSI Karnataka Central Diocese to prevent the entry of Bishop Dr Prasanna Kumar Samuel, on Monday.

Police were present at the spot to prevent any untoward incidents. They were seen pacifying and convincing both the groups to disperse. A police inspector was seen appealing to the Bishop Samuel to go home.

It said the members of the CSI congregation want Bishop Samuel to honour the Madras High Court judgement that has quashed the resolution passed by the Synod of CSI increasing the retirement age for Bishops from 67 to 70 years.

It is said Bishop Samuel has got a stay order from a Sessions Court in Bengaluru to continue in the office.

"I have served the diocese for many years. I am not the party to the order passed by Madras High Court. I want to have a dignified exit after serving the diocese for many years," said Bishop Samuel.

However, the agitating members of the CSI congregation said that they would oppose Bishop continuing in office illegally. "Dr Prasanna Kumar Samuel is not eligible to continue in office as per the Madras High Court order. He has got an order from a Sessions Court against the order of Madras High Court. We want to implead in this case in the Session Court," said Ebenezer Premkumar.

Vinod Jacob, a social activist, has said the original retirement age was 65 years and it was moved to 67 which he has already crossed. "The synod has to decide and he needs the synods approval which he has not taken to enter the premises. The synod has already given the approval for a caretaker moderator who is the authorised person to handle the church administration. This is a clear case of misleading the church and it's congregation for personal gratification," said Vinod Jacob.

Meanwhile, a member of the CSI congregation has said some of the people who staged a protest in front of the Church of South India Karnataka Central Diocese Office were suspended for alleged indiscipline and anti-CSI activities.

Kick the habit, right now

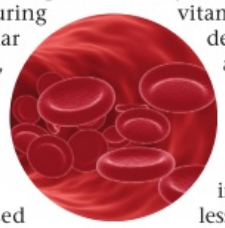
A signature drive was recently conducted in the state by the Consumer RIghts Organisation - Karnataka, under the leadership of national president Naveen Sharma and state president Navin Kawal on the dangers of smoking and its adverse implications on health. This campaign engaged the public and was specially addressed by doctors and other key speakers. A one-to-one survey was conducted to understand people's awareness on the issue.

79.2% kids studied have low grade anaemia

CONTINUED FROM PAGE 1

disease with factors such as socioeconomic status, diet, clinical presentation, chronic infection, and menstrual history.

"The overall prevalence of anaemia in government school children in Bengaluru was lower than the data recently shown by National Family Health Survey-5. Prevalence of the disease was higher among children from low socioeconomic status, those with dietary deficiencies such as low consumption of chicken, fish, citrus fruit, and milk, those who experienced heavy blood loss during menstruation, and irregular menstrual cycle patterns, and chronic infections," noted the study conducted by researchers from National Institute of Unani Medicine.



According to city-based healthcare providers, anaemia is a common health problem in children and the most common cause is iron deficiency. Anaemia is also frequently brought on by a lack of folic acid and vitamin B12. Hereditary disorders and viral infections are a few other causes of anaemia.

Children suffering from the disease showed clinical symptoms such as increased heart rate, breathlessness, lack of energy, dizziness or vertigo, sore or swollen tongue, jaundice, enlarged spleen or liver, delayed growth, headache, and poor wound healing, wanting to eat odd substances, such as mud, chalk etc (also called pica), etc. Researchers said there is a need to improve awareness about the disease among parents.

"Some forms of anaemia, such as a nutritional deficiency, can be treated quickly and don't require significant long-term follow-up care. Iron supplementation and deworming have been shown to treat and reverse anaemia and improve health conditions. Interventions like improving awareness among parents, especially mothers, giving iron-rich or iron-fortified diets, education about iron contents in local foods, and keeping good hygiene can be cost-effective and impactful," Dr Sujatha Thyagarajan, paediatrician, Aster RV Hospital.

However, in case anaemia is caused by a genetic condition or other serious underlying disorder, the child may need regular check-ups with a haematologist.

The study was published in the Christian Journal for Global Health.

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I, Sowmya Kolliganahalli Ramegowda w/o Avinash Venugopal R/o #724, Vidya Nilaya, 16th Main, 9th Cross, Bharath Nagar 2nd Stage, BEL Layout, B'luru-560091 have Changed my Name to Sowmya Avinash for all Purposes.

I Gautham Srinivas S/o Tirunelveli Srinivasan Sriram R/o Thanisandra, Bangalore have changed my name from Gautham Srinivas Sriram Anuradha to Gautham Srinivas for all future purposes.

I, SHEIK SAMIULLA S/o Sheik Sunnajan, R/at No.77/A, 4th 'A' Cross, Ring road, Ilyas Nagar, JP Nagar, Bangalore-560078 have changed my name to SHAIK SAMIULLA, affidavit dated 06.11.2023 before notary V. Rajashekhara, B.lore.

I, Vijaya Hebbar s/o Keshava Hebbar R/a Saraswathi Nilaya, Vinobhanagara, Sagara Taluk, Shivamogga, Karnataka-577 401 I declare that my name entered as Vijaya in SSLC Marks Card and other documents like Aadhar Card, Voter ID, Pan, D.L. entered as Vijaya Hebbar both names are belongs to me only. Vide affidavit dated 4-11-2023 Sworn Before Notary Ambreshappa, Bangalore.

I, FOUZIA BEGUM R/at No.293, 8th Cross, 3rd Stage, Pillanna Garden, Near Ambedkar Park, Bengaluru-560045, have changed my name to FOUZIA SHAIK vide affidavit dated: 06/11/2023 Before Notary Deepa. M Bangalore.

I, Deveeramma W/o Late Ramanna Kare Chikkahanumaiah R/o #212/213 Sumukha Nilaya Bharath Nagara Byadarahalli Viswaneedam Post B'luru 560091 have changed my name to Deviramma for all purposes.

I, Kumari Priya Acharya W/o Gourav Sarkar R/o Flat.E-705, Alpine Fiesta Apt, Near Hoodi Railway Station, Hoodi, B'luru-560048 have changed my name to PRIYA SARKAR Affidavit Dt.06/11/2023 Notary Harisha.G, B'luru

I, Akila Begaum w/o Abdul Jaleel R/o No 15 3rd cross 3rd main road 1st block east Jayanagar Byrasandra B'luru-560011 have changed my name to Akhila Begum

I, Amarnath Gs R/o 4147, 3rd Main Road, Subramanya Nagar, Bangalore 560021 have changed my minor daughter's name from Nairiti Amarnath G to Nayana G Amarnath.

I Disha Anil Madaralli D/O, Anil Kumar Narayanappa R/o No C2 311, Sjr Luxuria Arekere Mico Layout Bengaluru - 560076 have changed my name to Disha Anil.

I, Ambika Preetham Babu w/o Preetham K R/o #125 4th Main Ganganagar B'luru-560032 have Changed my Name to Ambika Preetham for all Purposes.

I, Shiva Shanthi w/o Kadiravan Krishnan R/o #670, BSA Road, 9th Cross, Periyar Nagar, Frazer Town, B'luru-560005 have Changed my Name to Shiva Shanthi Muniswamy for all Purposes.

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PAIN IN THE BACK

Understanding that chronic back pain originates from the brain could lead to quicker recovery, study finds

Most people with chronic back pain naturally think their pain is caused by injuries or other problems in the body such as arthritis or bulging disks. But our research team has found that thinking about the root cause of pain as a process that's occurring in the brain can help promote recovery. That is a key finding of a study my colleagues and I recently published in JAMA Network Open, a monthly open-access medical journal.

We have been studying a psychological treatment called pain reprocessing therapy that may help "turn off" unhelpful and unnecessary pain signals in the brain. To do this, we carried out a study in which some people were randomly chosen to receive the pain reprocessing therapy treatment, while some got a placebo injection into their backs.

We included 151 adults ages 21 to 70 years old with chronic back pain. We found that 66% of participants reported being pain-free or nearly pain-free after pain reprocessing therapy, compared with 20% of people who received a placebo.

These results were remarkable because previous trials of psychological treatments rarely led to people reporting full recoveries from chronic pain. So we needed to better understand how this treatment worked: What changed in people's thinking that helped them recover from chronic back pain?

Why it matters

Chronic pain is one of the biggest health problems today. It is the leading cause of disability in the U.S., and it has an economic cost greater than that of diabetes or cancer.

The most common chronic pain condition is back pain. Many patients – and doctors – are focused on identifying different back problems that they suspect may be causing the pain. So they try all sorts of treatments, often to no avail.

A growing number of scientists now believe that many cases of chronic back pain are caused primarily by brain changes. Pain can originate with an injury, but then the pain system can get "stuck" and keep firing long after injuries have healed.

Pain is the brain's alarm system, letting us know about injuries or other threats to our body. Much of the time, the system works well, accurately warning us that a part of our body is injured and needs to be protected. But when a person has been in pain for months, years or even decades, pain processing pathways are more likely to fire, and brain regions that typically are not involved in pain start to be involved. Chronic pain also leads to increased levels of activity in glial cells, which are part of the brain's immune system. All these changes in the brain then serve to "entrench" the pain, making it persist.

People, very understandably, think that if their back hurts, there must be a problem in the back – even though we researchers know this is often not the case.

It's critical to note that just because the signal originates in the brain, the pain is not any less real. The pain is always real, no matter what. But to treat it effectively, one needs to accurately identify the root cause.

How we do our work

In our study, we asked people to tell us in their own words what they think is the cause of their chronic back pain. It is a simple question, but few studies have asked their participants to describe the source of their pain.

Participants in our study described injuries, weak muscles, arthritis and other bodily factors as the causes of their pain. Almost no one mentioned anything about the mind or brain.

One of the main goals of pain reprocessing therapy is to help people think differently about the causes of their pain. After we treated participants with pain reprocessing therapy, about half the causes of pain that people described were related to the mind or brain. They said things like "anxiety," "fear" or "neural pathways" were the causes of their pain.

The more that people shifted to this kind of understanding, the more their back pain went down. We think this shift in understanding reduces fear and avoidance of pain, which can tamp down pain pathways in the brain and promote healthy, pain-reducing behaviors like exercise and socializing.

Ask your health providers, or check out these online resources that can help you assess whether and when the brain is playing a role in chronic pain.

Accurately identifying the underlying causes of pain is the first step toward healing it.

(By Yoni Ashar, University of Colorado Anschutz Medical Campus, The Conversation)

MIRRORLIGHTS

Traumatic events may raise effects of poor sleep on kids' heart health

Traumatic events experienced during childhood between the age of 6 to 17 might increase the negative health effects of too much or too little sleep on children's cardiovascular health, a new study said on Monday.

The study, published in the journal American Heart Association, surveyed more than 100,000 children in the US and found that more than one-third of them did not get the recommended amount of daily sleep, which was 10-16 hours of sleep per 24 hours, including naps for children age 5 and younger; 9-12 hours each day for children age 6-12; and 8-10 hours for children age 13-18.

In this study, traumatic events included -- parents' divorce, a parent's death or imprisonment, experiencing violence, living with a person with alcohol or drug dependencies or mental health conditions, physical, emotional or sexual abuse, and others.

"Children who are getting too little or too much sleep are likely to continue not having the right amount of sleep in adulthood, and early intervention may be necessary to combat the progressive negative effects that suboptimal sleep may have on cardiovascular and other metabolic processes," said lead author MinKyoung Song, PhD, R.N., F.N.P., FAHA, an associate professor at the Oregon Health & Sciences University School of Nursing.

Children with more reported adverse childhood experiences were more likely to have too much or too little sleep.

Each additional traumatic event increased by 8 per cent the likelihood that a child was sleeping 1-2 hours less or over one hour more than recommended, or increased by 26 per cent the likelihood that a child was sleeping 2+ hours less than recommended, the study said.

"These findings suggest that traumatic events experienced during childhood could amplify the adverse effects of insufficient or excessive sleep on heart health," Song said.

"Similarly, parents and caregivers should be aware that inadequate sleep is linked to negative cardiovascular health outcomes," she added. — IANS

MIND, BODY & HEART

All you need to know about...

Osteoporosis

What causes it

· After menopause: The ovaries reduce the production of estrogen, a compound that helps strengthen bone density.
· Family history: One is more likely to be affected if there is a family history of osteoporosis.
· Not getting enough physical activity: Exercises help build bone density. Walking, dancing, playing tennis, and weight-bearing exercises, etc., reduce the risk of this disease.
· Alcohol consumption and smoking: Both majorly affect bone density, leading to this disease..

Watch Out For The Symptoms

Osteoporosis is a silent disease; symptoms are rarely clear and often get detected after one breaks a bone. Symptoms include severe pain or fracture in the vertebral column, loss of height, spine malformations, and development of a stooped or hunched back..

Treatment

Lifestyle management, especially for women, is very important to prevent this disease. Starting regular exercises, including an adequate amount of calcium in your diet, and moderating alcohol and smoking can help in managing the condition. Pharmacological therapy is initiated based on fracture history, T-scores, and fracture risk probabilities. Prevention strategies involve exercise, healthy eating, vitamin D supplementation, and sun exposure, along with avoiding smoking and excessive alcohol consumption.
Osteoporosis is a health concern affecting women, particularly postmenopausal and older individuals. Regular screening and awareness are crucial to identify and manage osteoporosis effectively. Many men believe they are not at risk for osteoporosis because the disease affects women more often than men.

—Kayalvizhi Arivalan , Femina

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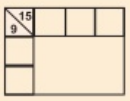
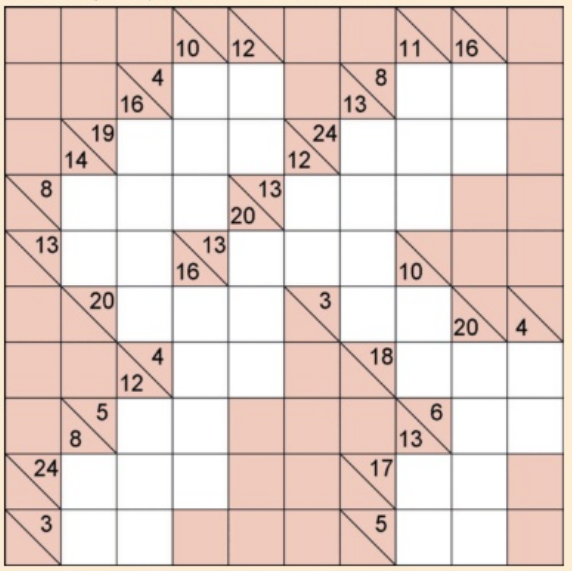
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

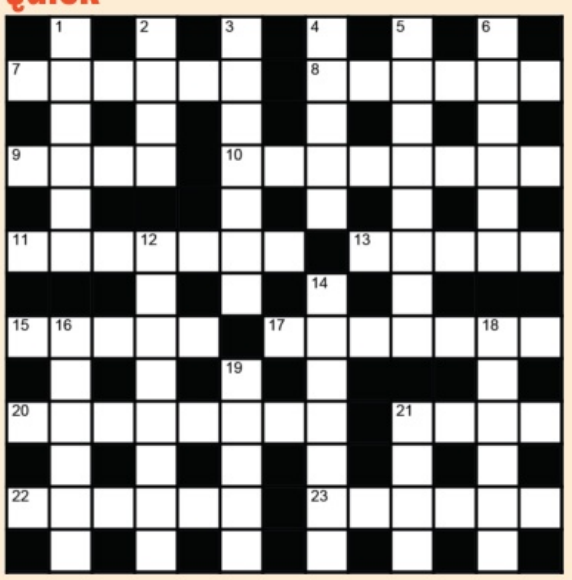


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Japanese number puzzle (6)
8 Rouse to action (6)
9 Ill at ease (4)
10 Uproar (8)
11 Investigating (7)
13 Survive (5)
15 Factory (5)
17 Ms Portman of Hollywood (7)
20 Deriding or making fun of (8)
21 African tribe (4)
22 Happily or willingly (6)
23 Making more comfortable? (6)

DOWN

1 Unlawful killing (6)
2 To imitate (4)
3 ___ Garden: Boating Park on Nagwara lake (7)
4 Detest (5)
5 Suffocation, lack of air in lungs (8)
6 Entitlements (6)
12 Genuine or real (4,4)
14 French detective (7)
16 Topical anaesthetics (6)
18 Lazing (6)
19 LPs (5)
21 Gusto (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS H

IUFEF HUFEF BEF KBIW, UF IUA UBW CAH NEAQFC HUFV CFFG CAH HEFVNKF.

Linemaro

You are nicer than a day on the beach

Mindchow

Let us always meet each other with a smile, for the smile is the beginning of love

Joke of the day

The trouble with doing something right the first time is that nobody appreciates how difficult it was

Loop

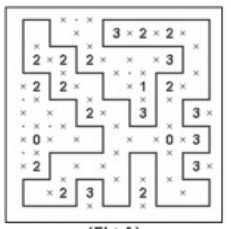
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

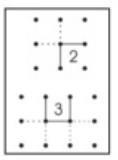
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

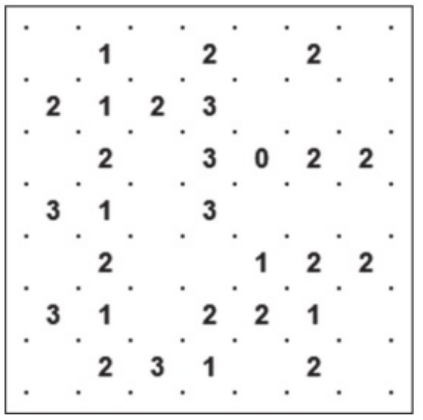
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



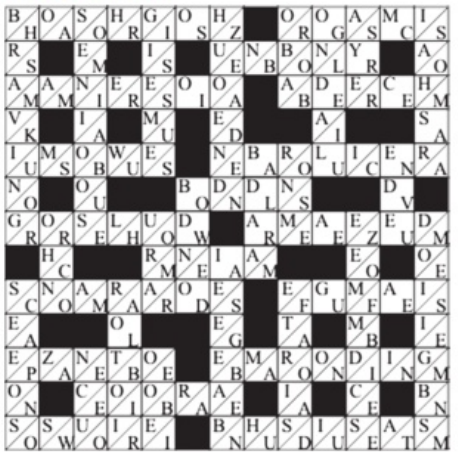
(Fig A)



(Fig B) Not Allowed



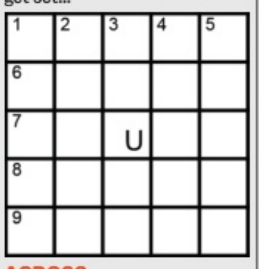
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Faces; 6 Hamal;
7 A slum; 8 Fiefs;
9 Iffy T

DOWN

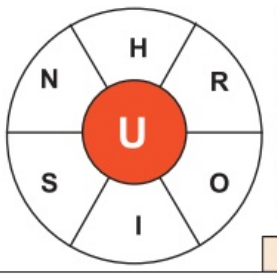
1 Haf Cf; 2 Ail I a;
3 FF flu; 4 Met me;
5 Says S

Mensapuzzle

What number should replace the question mark?

1000, 865, ?, 595, 460, 325

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; **06** Good; **08** Outstanding

SudokuChallenge

		4	9		5	6		
7			4		2			9
	9		8		3		1	
		5				3		
9		3				8		6
		1				9		
	8		6		4		9	
4			7		1			3
		2	3		8	7		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 2

4 6 6 6

Medium = 4

2 2 3 5

Hard = 3

1 3 9 2

Hocusfocus

Find at least six differences in details between panels.

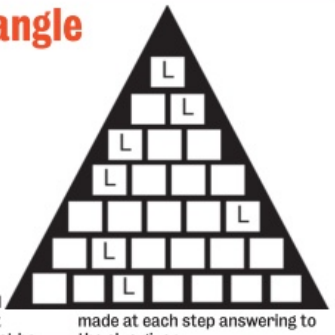
Differences: 1. Clipboard is larger. 2. Pen is added. 3. Hat is larger. 4. Arm is moved. 5. Tie is missing. 6. Front of apron is different.

Riddler

My first serves as positive recognition My next's played in a friendly competition My whole is a pay later proposition What am I?

Alpha triangle

1 XXV + XXV
2 Spanish article
3 Guitar great Paul
4 Tennis replays
5 Strong alloy
6 Most senior
7 Erases

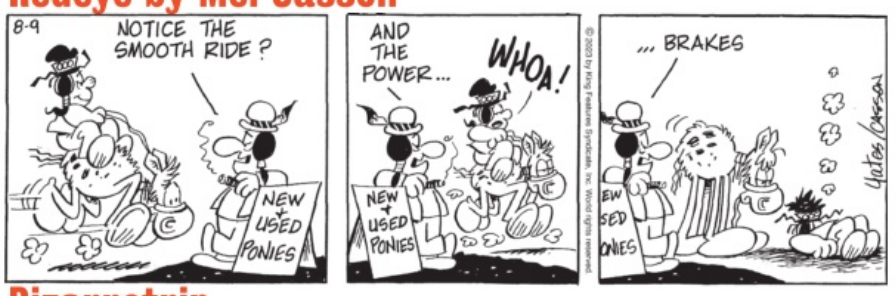


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

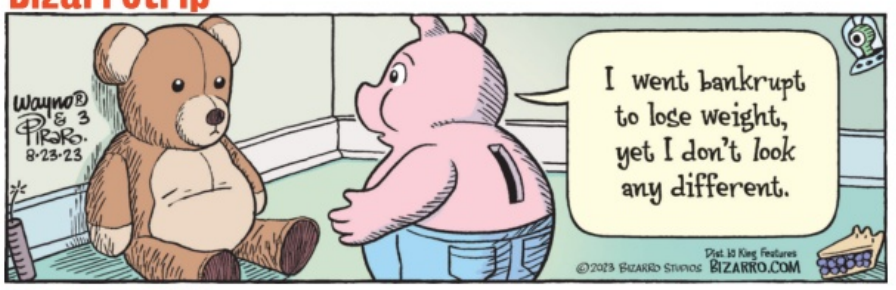
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson



Bizarrotrip


Wayno & Piraro 8-23-23
I went bankrupt to lose weight, yet I don't look any different.
Dist. by King Features
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Diamond Lil

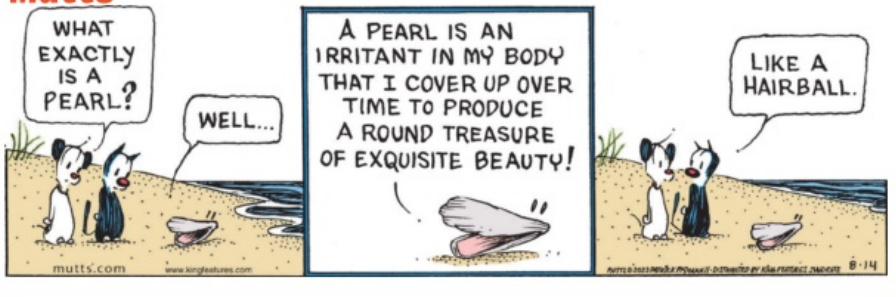
Hart of the city

I DO WANT TO GO WITH SOMEONE TO THE DANCE. OUR MATCHING OUTFITS WOULD KILL.
BUT I DON'T WANT BRENT TO THINK THAT I LIKE HIM LIKE THAT.
IT'S COMPLICATED.
MATTERS OF HEART TEND TO BE.
GOOD PUN, CHARLOTTE!
IT WAS TOO EASY.
HART OF THE CITY © 2023 AARDEMA MCNEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

I DON'T KNOW WHAT IT IS...
BUT LATELY I'VE BEEN ABLE TO SEE THINGS THAT HAVEN'T HAPPENED YET!
SORT OF A DEJA PREVUE!
BATIUK & DAVIS tombatiuk.com/books

Mutts


WHAT EXACTLY IS A PEARL?
WELL...
A PEARL IS AN IRRITANT IN MY BODY THAT I COVER UP OVER TIME TO PRODUCE A ROUND TREASURE OF EXQUISITE BEAUTY!
LIKE A HAIRBALL.
mutts.com
www.kingfeatures.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon; new sources of income are likely to open. Your past investments will now start paying off in terms of profits. Your losses will be converted into profits, which will boost your financial health. Health issues related to parents may be resolved.

Taurus Apr 21 – May 20
Today, you may implement your business plans with the help of your strong network. You may get a big order with the help of wisdom. There may be a good understanding between you and your spouse, which may increase harmony in your domestic life. Love birds may enjoy their happy moments.

Gemini May 21 – Jun 21
Today's messy situation is under control. You are blessed by the moon.
You may initiate your postponed work. With the blessing, you may get rewarded for your hard work. There are some gains in your business that may boost your finances. You may spend money on artefacts or literature. You may also plan for overseas travel.

Cancer Jun 22 – July 23
Today, you may not feel well; you might have health issues, which may affect your profession and domestic life. You are likely to be upset due to your spouse's health issues. Your patience may be tested many times. You are advised not to make investments in new business projects; otherwise, you may face losses. Students are advised to avoid fantasy and should work hard in their studies.

Leo Jul 24 – Aug 23
Today you are blessed by the moon; you may be able to make quick decisions on the professional front. You may expect to get new opportunities in terms of business, which may boost your confidence level. You are likely to start some new innovations with the help of your partner, which may increase your business in the near future.

Virgo Aug 24 – Sep 23
Today you are blessed by the moon, you may perform well at work, and you may expect some promotions or transfers in terms of gains. You may also plan to change your current job. Your relations with the boss may be boosted now. Chronic health issues will be resolved now, which may make your family happy.

Libra Sep 24 – Oct 22
Today things will be under control, you will enjoy your work, and your focus will be good, which will reflect in your way of working. Your wisdom will help you make difficult decisions in your profession. Your past investments will start paying now.

Scorpio Oct 23 – Nov 22
Today, you may be disappointed with the current position at work or home. You may not enjoy your moment. You may spend your hard-earned money on buying some worthless stuff, which may affect your savings. You are likely to plan for migration from your current place. You are advised to take care of your parents' health.

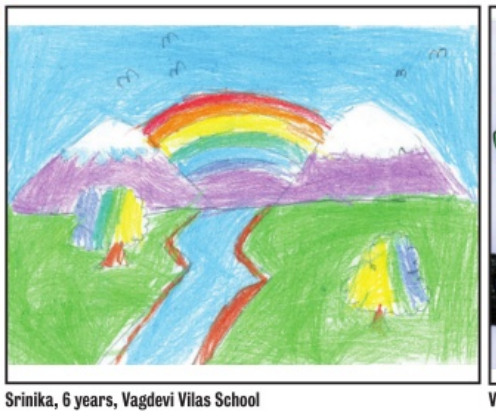
Sagittarius Nov 23 – Dec 22
Today, you may make decisions very quickly, which may have benefits in your day-to-day life. You may make some difficult decisions with the help of your colleagues, and you are likely to achieve success easily. Property-related disputes between siblings are likely to be resolved. You may also expect some short trips.

Capricorn Dec 23 – Jan 20
Today, you were advised to control your straightforwardness; your loose talk may affect people around you. You may spend your hard-earned money on buying some worthless stuff. Your mind is likely to work very fast; it is advised to make any important decision with patience.

Aquarius Jan 21 – Feb 19
Today, you are blessed by the moon. The last couple of days of disappointment may now be converted into happiness. You may enjoy your professional and personal life, and your network may help you complete your postponed projects. You are likely to start some new venture with the help of your siblings, and your network may support you in every step.

Pisces Feb 20 – Mar 20
Today, you may feel negativity around you. You may feel impatient. Focus on goals is likely to be lost. Your grip on your projects is likely to slow down, which may be a reason for a loss in business or work. You may also notice some detachments from your responsibilities, which may affect your day-to-day routine.

KIDZONE



Srinika, 6 years, Vagdevi Vilas School

Vihaan Joshi, 7 years, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
1 + 31 x 3 - 1
1 + 93 - 1
94 - 1 = 93

BULL'S EYE
hour, NOURISH, onrush, onus, ruin, rush, shun, sour

FAST FIVE

C	A	F	E	S
H	A	L	M	A
A	L	U	M	S
F	I	F	E	S
F	I	F	T	Y

STRIKE OUT

S	M	O	R	E	■	N	U	D	I	S	T	S		
O	■	C	O	B	R	A	■	A	■	E	■	N		
P	A	N	T	O	■	E	A	R	N	I	N	G		
A	■	O	■	G	■	A	■	B	■	I	■	■		
C	O	M	R	A	D	E	■	F	U	M	E	S		
H	■	R	E	A	M	■	O	■	E	■	■	■		
G	O	S	L	O	W	■	A	M	A	Z	E	D		
N	■	U	■	O	■	D	S	■	V	■	■	■		
I	M	B	U	E	■	E	A	R	L	I	E	R		
K	■	I	■	U	■	D	■	A	■	■	■	A		
A	M	N	E	S	I	A	■	B	E	E	C	H		
R	M	■	S	■	E	B	O	N	Y	■	A			
B	O	O	R	I	S	H	■	R	O	A	M	S		

QUICK

M	G	■	L	■	A	■	A	■	R	■	■	■		
S	U	D	O	K	U	■	B	E	S	T	I	R		
R	■	P	■	M	■	H	■	P	■	G	■	■		
E	D	G	Y	■	B	R	O	U	H	A	H	A		
■	E	■	I	■	E	■	A	R	L	I	E	R		
P	R	O	B	I	N	G	■	E	X	I	S	T		
O	■	I	■	M	■	I	■	■	■	T	■	■		
P	L	A	N	T	■	N	A	T	A	L	I	E		
O	■	A	■	V	■	I	■	D	■	■	■	■		
S	C	O	F	F	I	N	G	■	Z	U	L	U		
■	O	■	A	■	■	■	■	■	■	■	■	■		
G	L	A	D	L	Y	■	E	A	S	I	N	G		
S	■	E	■	L	■	T	■	T	■	G	■	■		

MENSA PUZZLE
730: deduct 135 each time.

RIDDLER
Credit card

QUOTE UNCODE
Where there are laws, he who has not broken them need not tremble.

SUDOKU

1	5	2	3	9	8	7	6	4
4	6	9	7	5	1	2	8	3
3	8	7	6	2	4	1	9	5
8	4	1	5	3	6	9	2	7
9	2	3	1	4	7	8	5	6
6	7	5	2	8	9	3	4	1
5	9	6	8	7	3	4	1	2
7	1	8	4	6	2	5	3	9
2	3	4	9	1	5	6	7	8

ALPHA TRIANGLE
L, El, les, Lets, Steel, Eldest, Deletes.

GO FIGURE
Easy
6 + 6 - 6 - 4 = 2
Medium
5 - 2 - 2 + 3 = 4
Hard
9 - 2 - 3 - 1 = 3

LOOP

KAKURO

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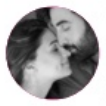


Who's turned 1? — Alia Bhatt and Ranbir Kapoor celebrated the first birthday of their daughter Raha on Monday. Raha's grandmothers, Neetu Kapoor and Soni Razdan wished the toddler and showered her with love

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Human-animal bond

The title of the hit song Yava Mohana Murali Kareyithu written by well-known poet Gopalakrishna Adiga has become a title for a movie that is touted to be a touching tale of human-animal bonding. A function was held at Renukamba Preview Theatre on Saturday to launch the soundtrack of the movie. Producer Umapathy Srinivasgowda released it in the presence of Sham of Anand Audio. The song has been written by Dr V Nagendra Prasad.

The movie is about the bonding between a disabled girl and a dog. Baby Prakrushit plays the lead role while Rocky, the dog, plays her affectionate friend.

"Rocky and I became friends during the shooting. I thank my teachers and classmates for helping me to do homework and I am grateful to my Head Mistress for allowing me to attend the shooting," said Baby Prakruthi.

It is a wrap

Shooting of the Vinay Rajkumar-starrer Ondu Sarala Prema Kathe wrapped up at Mysore University a few days ago. A special role played by Raghavendra Rajkumar is the film's highlight. Director Suni aka Simple Suni has helmed this movie that has 11 songs.

"As its title suggests, it is a simple love story. It is the love story of a music director. I am happy to direct Vinay Rajkumar on the first day of the shoot and to get an opportunity to direct his father Raghavendra Rajkumar on the last day of the shoot. It gives me immense pleasure to work with Dr Rajkumar's family. The shooting of this movie was completed in 83 days," said Suni.

Raghavendra Rajkumar said he longed to act in a film directed by Suni after watching Simple Agi Ondu Love Story. "I was happy to know that my son Vinay has been selected to play the lead in this movie. The title of the movie is quite interesting. Today the shoot of this movie is completed," said Raghavendra Rajkumar. Stating that acting under the guidance of Suni has been a wonderful experience, Vinay said he felt comfortable facing the camera.

'EXTREMELY SCARY'

Rashmika urges immediate action against viral deepfake video

Actress Rashmika Mandanna has reacted to a reported morphed video of herself which has gone viral on the social media, and called it "extremely scary", adding that we must address this as a community urgently before anyone else gets affected by such identity theft.

Taking a strong stance against the viral deepfake video of her, Rashmika penned a long note on social media: "I feel really hurt to share this and have to talk about the deepfake video of me being spread online. Something like this is honestly extremely scary, not only for me, but also for each one of us who today is vulnerable to so much harm because of how technology is being misused."

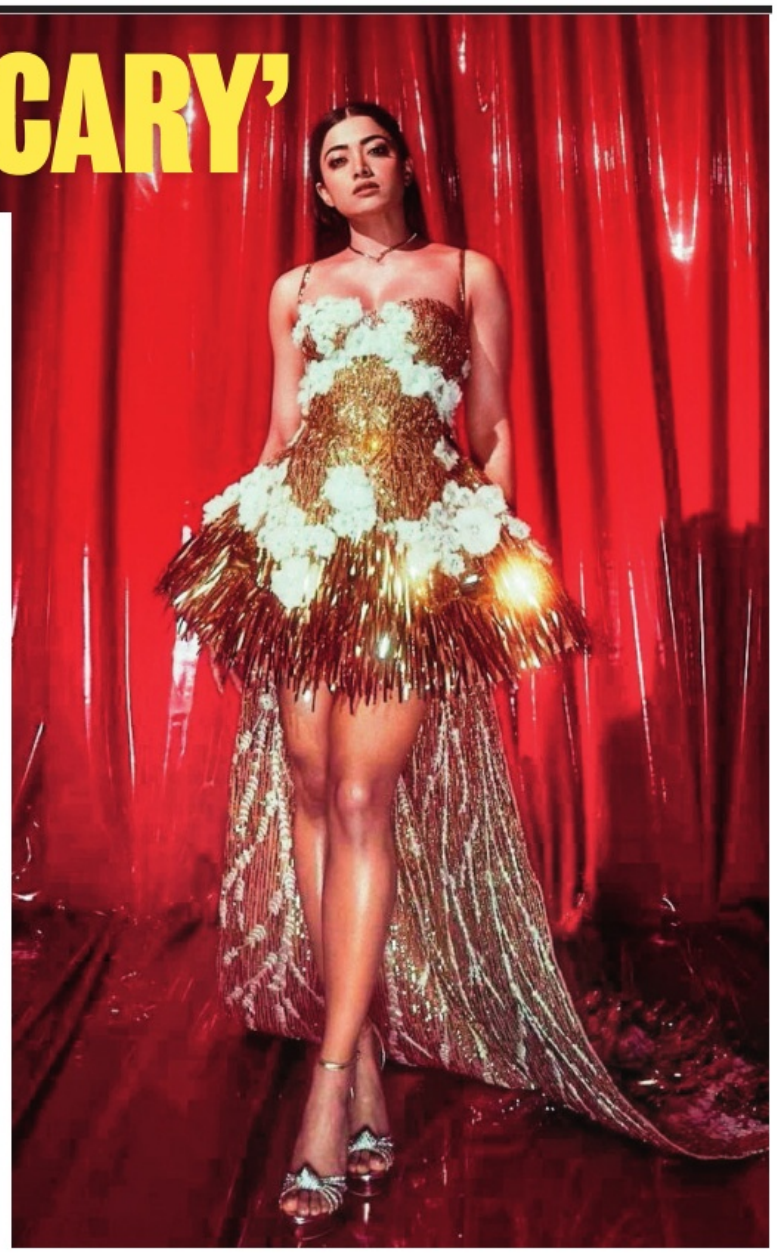
"Today, as a woman and as an actor, I am thankful for my family, friends and well wishers who are my protection and support system. But if this happened to me when I was in school or college, I genuinely can't imagine how could I ever tackle this. We need to address this as a community and with urgency before more of us are affected by such identity theft," she added.

> "We need to address this as a community and with urgency before more of us are affected by such identity theft

Earlier in the day, megastar Amitabh Bachchan took a stand for his 'Goodbye' co-star Rashmika, and demanded legal action over the matter. In response to a post on X by a user highlighting the alleged misuse of the video, the 'Piku' star said: "Yes this is a strong case."

"There is an urgent need for a legal and regulatory framework to deal with deepfake in India.You might have seen this viral video of actress Rashmika Mandanna on Instagram. But wait, this is a deepfake video of Zara Patel," a user named Abhishek wrote on the microblogging site.

Along with the post, he also shared the "actual" video as claimed by him. — IANS



Amala Paul is hitched

Actor Amala Paul has posted pictures of her wedding with boyfriend Jagat Desai. The couple took to Instagram to share pictures from the wedding held in Kochi on Sunday.

Amala posted, "Celebrating the love & grace that brought us together... #Married to my divine masculine... Seeking your love and blessings. #sacredunion."

For the wedding, Amala chose a pastel lavender-coloured lehenga and accessorised her look with a statement necklace while leaving her hair in curls.

Couple's day out

Brad Pitt and Ines de Ramon are going strong, having made another public appearance together as a couple on Saturday night, two sources confirmed to People.

Pitt, 59, and de Ramon, 32, attended LACMA's 12th annual Art+Film Gala in Los Angeles on Saturday, but they did not pose for photos together.

"They were super loving. Laughing and joking with everyone around them," a source told People of the pair's outing. "They seemed to be having a good time."

The celebration, co-chaired by LACMA trustee Eva Chow and Pitt's longtime collaborator Leonardo DiCaprio, honoured filmmaker David Fincher, to whom Pitt introduced a tribute. The A-lister has appeared in numerous of Fincher's films, including Se7en (1995), Fight Club (1999), and The Curious Case of Benjamin Button (2008).

Pitt and de Ramon's date night comes off the heels of a romantic summer they spent together. A source close to de Ramon told People in late July that "they are doing great" as their relationship is still "going very strong."

"The two have been spending a lot of time together this summer as they truly enjoy each other's company and are very into each other," the insider shared.